

A volunteer with staying power

After 70-odd years of volunteering, 23 of them for the [Alzheimer Society of Ottawa and Renfrew County](#), Doris Gall sounds surprised to be asked why she does it.

"It's just something I like to do," says the 89-year-old Ottawa woman. "I've done volunteer work since, well I was going to say all my life, but that's not true. Just since the Second World War."

Gall began volunteering in Indonesia where she moved with her husband during his posting there as a food scientist for the United Nations.

Over the course of five subsequent postings that took her all over the world, Gall always found some way to help out.

Just do what needs to be done

"I just joined the local people doing whatever work needed doing. Mostly it was sewing, usually for the hospitals," she says. "Volunteering has always given me lots of companionship."

After she and her husband moved to Ottawa, Gall did what she always did when they arrived in a new place -- she went looking for work that "needed doing" and found the Alzheimer Society.

For more than two decades now, she's handled donation receipts, thank you letters and general filing.

While a stroke in December forced Gall to take a break, she's determined to get through rehabilitation quickly. "I'd like to go back as soon as I'm well," she says.

Become a volunteer

[Your local Alzheimer Society](#) offers a wide range of volunteering opportunities, from facilitating day programs, to helping around the office, to fundraising. Giving your time and talent helps make life easier for people living with dementia in your community.

[Learn more](#) about becoming a volunteer.

